

The Organic Pharmacy

We recommend The Organic Pharmacy ranges of natural products, containing 100 % organic plant and herbal extracts. The products are formulated to support the healthy functioning of the skin and restore its harmony. They are suitable for all skin types including sensitive and problem skins.

The PSA 'Science of Life' Approach...

'Science of Life' comes from the Vedas, the oldest known written texts. Rather than a single treatment, the basic science of life AyurVedic approach is a complete system that incorporated meditation, yoga, diet, lifestyle and herbal remedies. During a consultation the practitioner will use a variety of diagnostic techniques to determine the patient's current state of health, and any imbalances, which, if left unattended, could result in ill health. The patient will be advised of dietary and lifestyle adjustments that will offset these imbalances and promote optimum health and well-being.

Naturopathy

Naturopathy is a system of medicine that employs various natural means to promote health by stimulating and supporting the body's own healing power. Naturopathy draws on the wisdom of many countries, including India (Ayurveda), China (Taoism), and Greece (Hippocrates). Naturopathic philosophy believes that there is an inter-connection between body, mind, emotions, social factors and the environment in determining health status. A Naturopathic practitioner aims to identify and correct the underlying cause of disease rather than to simply focus on the presenting symptoms. Techniques used in the treatment include herbal medicine, nutrition, iridology, mineral therapies, flower essences, fasting, hydrotherapy, aromatherapy and homeopathy.

Other therapies are also available, including:

- Yoga
- Pilates
- Indian Head Massage
- Hopi Ear Candle

- La Stone Therapy
- Reflexology
- Swedish Massage
- No Hands Massage
- Raindrop Technique
(using therapeutic grade essential oils)

Specialist Clinics

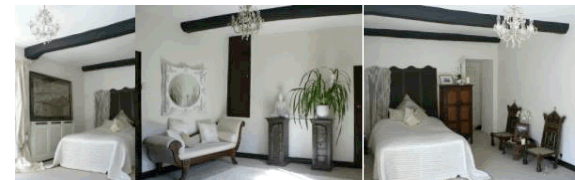
- Equine Massage and Raindrop Therapy
- Menopause Clinic
- Highly Alternative Cancer Clinic
- Healthy Back Clinic
- Vitality for the over 60s
- Nutrition and Weight Management

Inner Beauty

- Increase your Inner Potential
- Connect to Your Best Self
- Mind Mapping to Accelerate Learning and Genius
- Meditation and Yoga
- Project Earth Alchemy
– Heal your life, Heal your Planet
- Flower Remedies
- Crystal Energy Medicine
- General Philosophy
- Mind over Matter
- Outreach Programmes

As with all medical problems it is advisable to consult a qualified medical herbalist to work out a specific prescription and treatment plan for your individual needs.

For further details on Dr Susan Anthony's work – visit www.psalifemastery.com



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Our philosophy is to bring you the very best of the world's products, therapies and ideas.
Susie Anthony

Tibet and when combined with Young Living Therapeutic Grade Essential Oils results can be even more powerful.

Medical Herbalism (The Organic Pharmacy Products)

Herbalism is one of the oldest systems of medicine in the world. Herbalists are primarily concerned with establishing and eradicating the cause of ill health through holistic treatment of the individual. Herbalists use whole plant extracts and believe that by using plants in their natural form, many of the side effects associated with modern medicine can be avoided. Herbal medicine can be used to treat most of the ailments referred to an orthodox GP, including arthritis, skin problems, menopausal symptoms, digestive problems, headaches and migraines, and many other ailments. Treatments centres on the patient as well as the disease and factors such as diet, lifestyle and emotional well-being are considered along with physical symptoms.

Aromatherapy Massage

Aromatherapy massage involves the use of natural essential oils, and dates back to ancient civilisations. Each oil has unique properties, and they are used to treat a whole range of physical and emotional problems including back and neck pain, muscular aches and pain, depression, arthritis, PMS and general stress and anxiety. Aromatherapy is a rejuvenating treatment leaving you feeling relaxed, refreshed and restored.

Psychological Recapitulation

These forms of therapy offer an opportunity to discover a way forward from any difficult or painful point in life. Counselling and psychotherapy help explore current problems and enable an understanding and a coming to terms with past events. These therapies provide a means to express and release feelings, increase confidence and self-esteem and to work through challenging situations, life crises and change. Also, specific problems can be helped such as anxiety, abuse, panic attacks, relationship problems, eating disorders, bereavement, depression and ill health.

Vitaflex

This massage technique developed by Stanley Burroughs means "vitality through the reflexes", and can be applied to a variety of points all over the body. The Vita Flex technique uses a smooth, rhythmical, rolling pressure that automatically releases Qi energy to stimulate, activate and relax. Predating Acupuncture, Vita Flex has its origins in

Homoeopathy

The principals of homoeopathy were formulated 200 years ago by the German physician Samuel Hahnemann. He believed that medicines should be prescribed according to the law: like shall treat like. A homoeopath takes into consideration all aspects of health, considering the emotional and mental state of the patient before prescribing a remedy targeted to stimulate the body's natural powers of recovery.

Cranio-Sacral Therapy

Cranio-Sacral Therapy is the direct extension of osteopathy, where the focus is on the movement of the cranial, facial and pelvic girdles. It can be used to relieve sinus problems, headaches, and neuralgia, chronic pain and lower back pain. Cranio-sacral therapy is an incredibly gentle and non-invasive form of treatment.

Nutritional Therapy

Nutritional Therapy aims to change an individual's metabolism from an unbalanced state – which may be causing minor or distressing symptoms and which may ultimately lead to diagnosable disease – to a state of balance, allowing the body to return to optimum health.

Reflexology

Reflexology is said to have originated in China 5,000 years ago, when pressure therapists were used to correct energy fields in the body. It works on the basis that there are zones in the hands and feet associated with various glands, organs and regions of the body. It is deeply relaxing and can prompt the body to heal itself. Reflexology is very helpful in alleviating stress-related ailments such as migraine, PMS, irritable bowel syndrome, insomnia and lethargy, as well as promoting a sense of calm and well-being.

PSA Super Reiki

Reiki is an ancient Japanese/Tibetan form of hands-on healing that involves balancing Chi or life energies. Reiki is

a gentle treatment that heals at the deepest emotional and spiritual levels, and is a safe and natural therapy that is particularly effective in relieving stress, depression, anxiety and pain.

Holistic Massage

On a physical level, holistic massage works to relieve tension from tight and sore muscles, breaking down muscle knots and assisting the flow of blood and lymph. On a mental level, massage relieves stress and anxiety, and helps to prevent the build up of muscular tension. Holistic massage is ideal for circulation problems, sore backs, stress and general aches and pains.

No Hands Massage

NO HANDS Massage is a dynamic new form of Massage that is sweeping across the world as one of the most powerful new therapeutic massage treatments available. Conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing, it is being hailed as "The Gentle Giant" of healing therapies. It is deep and powerful, yet so very gentle. Therapists who offer many different bodywork modalities are finding that their clients ask for nothing else. Clients and therapists alike are now referring to NO HANDS as "The New Massage" - because it is such a different experience from any other massage and bodywork on the planet.

Young Living Raindrop Technique

This massage technique developed by Dr Gary Young uses a unique blend of **Young Living High Therapeutic Grade Essential Oils** along with Lakota Native American, Oriental, European and conventional massage techniques. During a Raindrop Treatment the Young Living Oils are massaged into the feet, along the spine and neck using a series of specific techniques that rebalance, align and relax you. This then culminates and is enhanced further with the application of a moist warm compress giving you the sensation of being soothed and wrapped in a duvet. The benefits of Raindrop Technique go far beyond our physical body and can initiate a healing process that can last for weeks or even months.

The PSA team is a group of dedicated, professional and highly trained people with great integrity. A holistic approach means your entire lifestyle is taken into account from stress, nutrition, organ function, vitamin & mineral status to emotional well being.